

We will collect this
booklet and your monitors
at your next home visit on

THANK YOU!

ACCELEROMETER

LOG

When to wear the monitor: We would like you to wear the activity monitor for the next 7 days. You should take it off when you go to bed at night, and put it on when you wake up in the morning. You should also take off the activity monitor when taking a bath or shower, going swimming, or doing other activities in the water.

How to wear the monitor: You should put the monitor belt around your waist so that it sits on the right hip. It should be snug but comfortable.



How to use this log: This log will show us when you wore the monitor and any activities that were done when the monitors was off.

1. Fill in what time you woke up and put on the monitor.
2. Fill in what time you took the monitor off and went to bed.

If you have questions:

Call <NAME> at <PHONE NUMBER>

EXAMPLE:

DAY	DATE	WAKE UP (TIME MONITOR ON)	GO TO BED (TIME MONITOR OFF)
1	July 11	6:45 a.m.	10:30 p.m.
2	July 12	7:00 a.m.	11:15 p.m.
3	July 13	6:50 a.m.	10:05 p.m.

Accelerometer Log

DAY	DATE	WAKE UP (TIME MONITOR ON)	GO TO BED (TIME MONITOR OFF)
1			
2			
3			
4			
5			
6			
7			

Reference

Linde JA, Jeffery RW, Crow SJ, Brelje KL, Pacanowski CR, Gavin KL, Smolenski DJ. The Tracking Study: description of a randomized controlled trial of variations on weight tracking frequency in a behavioral weight loss program. Contemp Clin Trials. 2015 Jan;40:199-211. doi: 10.1016/j.cct.2014.12.007. Epub 2014 Dec 19. PMID: 25533727.